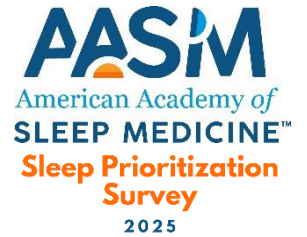


AASM Sleep Prioritization Survey

Using Marijuana for Sleep



Survey Methodology

The American Academy of Sleep Medicine commissioned an online survey of 2,007 adults throughout the United States. The margin of error for the overall sample is +/- 2 percentage points with a confidence level of 95 percent. Fieldwork took place between June 5 and June 13, 2025, by Atomik Research, an independent market research agency.

Question

How, if at all, does the use of marijuana impact your sleep?

Results

- One-third (33%) of adults report using marijuana helps them sleep slightly or significantly better.
- Men (39%) are more likely than women (28%) to report using marijuana helps them sleep slightly or significantly better.
- Women (55%) are more likely than men (39%) to report they do not use marijuana.
- Adults aged 25-34 and 35-44 are the most likely age groups (45%) to report using marijuana helps them sleep slightly or significantly better.

Overall Results

Total	2,007
No impact	11%
Sleep significantly worse	4%
Sleep slightly worse	4%
Sleep slightly better	15%
Sleep significantly better	18%
I don't this	47%

One-third (33%) of adults report using marijuana helps them sleep slightly or significantly better.

Results by Gender

	Male	Female
Total	1005	999
No impact	11%	12%
Sleep significantly worse	5%	3%
Sleep slightly worse	6%	2%
Sleep slightly better	18%	12%
Sleep significantly better	21%	16%
I don't do this	39%	55%

Men (39%) are more likely than women (28%) to report using marijuana helps them sleep slightly or significantly better.

Results by Age Group

	18-24	25-44	45-54	55-64	65+
Total	233	795	347	332	300
No impact	15%	14%	9%	8%	10%
Sleep significantly worse	7%	6%	2%	2%	1%
Sleep slightly worse	7%	6%	5%	2%	1%
Sleep slightly better	16%	20%	12%	13%	7%
Sleep significantly better	24%	25%	17%	10%	5%
I don't do this	31%	30%	55%	65%	76%

Adults aged 25-44 are the most likely age groups (45%) to report using marijuana helps them sleep slightly or significantly better.

About the American Academy of Sleep Medicine

Established in 1975, the AASM is a medical association that advances sleep care and enhances sleep health to improve lives. The AASM membership includes more than 9,500 physicians, scientists, and other health care professionals who help people who have sleep disorders. The AASM also accredits 2,300 sleep centers that are providing the highest quality of sleep care across the country (aasm.org).